**CBT-L5 Formulation of Client Problem**

Client: Date:

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| **Formulation** |
| Early experiences / Vulnerability factors |  |
| Core Beliefs |  |
| Rules / Assumptions |  |
| Critical incident(s) – triggers |  |
| **Current Situation:** |  |
| **Maintenance Factors** |
| Automatic thoughts and images  |  |
| Emotions /moods |  |
| Body / Physical sensations |  |
| Behaviours |  |